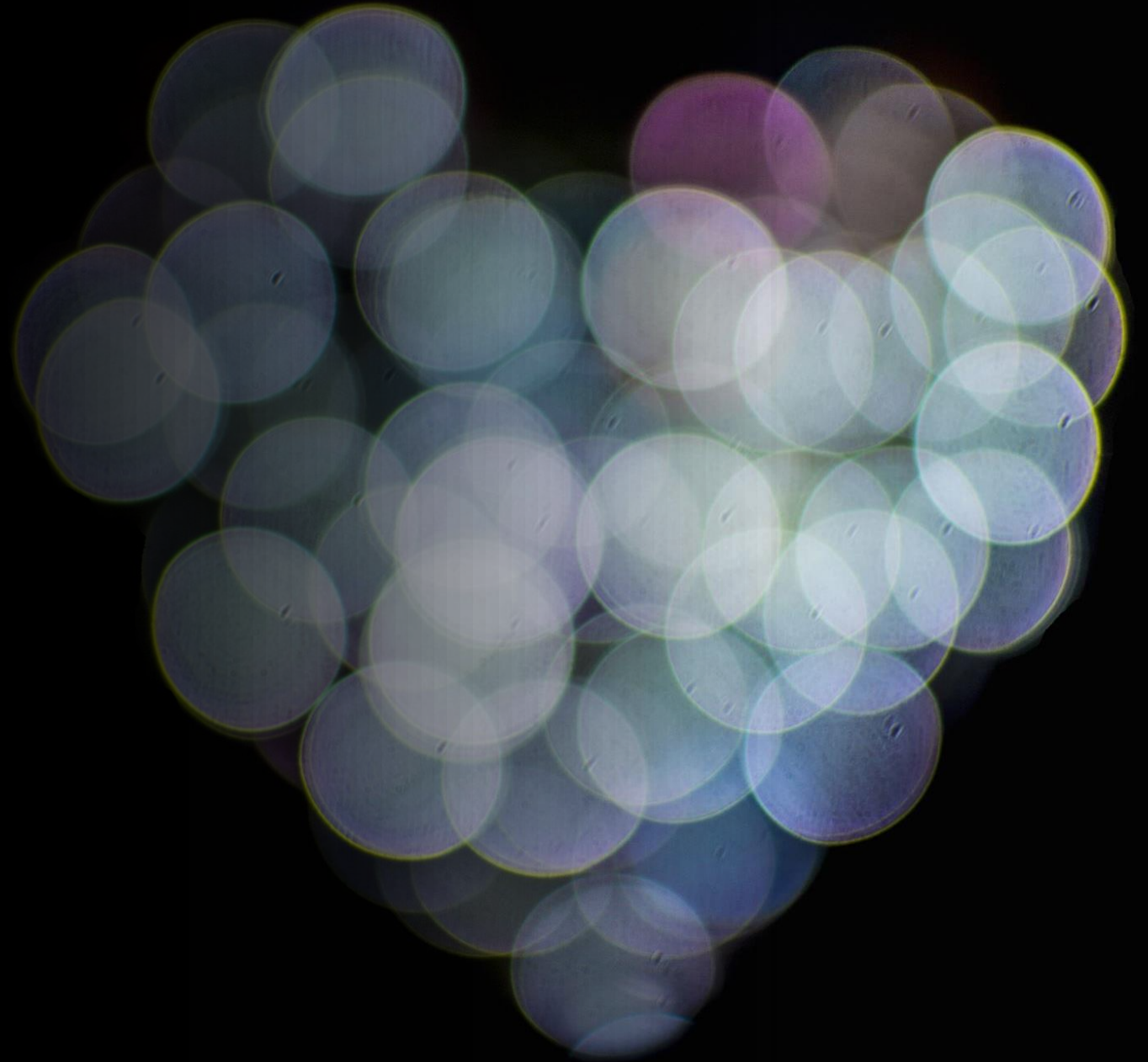




# Emotional Consciousness

*“Qalb-e-Saleem”*

Sohailuddin Alavi






# Definition

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- **Emotional consciousness** is described as an ability to know and harness emotions.
- Emotions can have positive influence on our actions or be a source of destruction, depending on how we manage them.

# Tribute



Prof. Danial Goleman was the first to have conducted research on Emotional Quotient and was able to unlock its meaning

# Context

## Sura Al Asr

- ❑ (Almighty bears witness) By time,
- ❑ Indeed, mankind is in loss,
- ❑ Except for those who have faith (accept truth) and do righteous deeds and advise each other to “*Emaan*” and advise each other to “*Sabaar*”.



# The Heart and Mind

- The Quran suggests that heart controls the mind.
  - The heart is the seat of Faith, Hope, Values, Ego, Impulse, Bias, Feelings, Anger, Enmity, etc.
  - A healthier heart (*Qalb-e-Saleem*) empowers the mind to function wisely.
  - A rusted heart (*Qalb-e-Kufur*) causes dysfunctional influence on the mind.







# The Scientific View

- The locus of study of science is the mind alone. Accordingly;
  - Mind was identified into two segments, namely; the Primitive Brain and Cognitive Brain
  - Primitive brain is said to be the seat of impulsive (emotional) actions. Its response is spontaneous and less thoughtful.
  - Cognitive brain in contrast analyzes the information with reference to given knowledge, before deciding a response. The response is delayed and is likely to be more controlled



# Emotional Skills

- Emotional consciousness has following dimensions...
  - Ability to believe in the unseen
    - To believe in the future
  - Ability to delay gratification
    - To delay response
  - Ability to always uphold “Hope”
    - To see light at the end of a tunnel





# Experiment

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- The design - The subjects were identified at their early ages using the EQ concept, then their behaviors were followed for over 30 years into their lives.
- The experiment – Randomly selected Kindergarten children were given some candies and they were asked that they may eat all of them at once. But if they don't eat them, they will get more candies next day.
  - Quite a few children eat them, as expected.
  - A few saved the candies in a hope to get more the next day.
  - The latter group were the actual subjects of research.



# Emotional Skills

- Following emotional skills were noted during the initial experiment and confirmed subsequently through out their careers of the subject children, which enabled them to succeed in their lives; -
  - They believed in him – “*Emaan*”
  - They voluntarily did not eat candies – “*Taqwah*”
  - They had a hope for getting extra candies the next day – “*Sabaar*”





# Implications

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- Examples abound of low emotional conscious persons, who did not unleash their potentials; refused to do struggle; driven by greed and lost their moral compass. All because of: -
  - Lack of faith (Disbelief)
  - Impulsive and lack of self-restraint
  - Pessimistic outlook and lack of hope for a better future

# Self Learning

- Give yourself an experience of; -
  - Working with faith,
  - Keeping hope,
  - Learning to trust,
  - Living with contentment,
  - Self discipline, saying no to impulsive vibes
  - Staying away from the company of toxic persons,





A 3D rendering of a red puzzle piece standing out among a sea of white puzzle pieces. The red piece is in the center-left, slightly raised, and has a glossy finish. The white pieces are arranged in a grid-like pattern around it, with some pieces missing, creating a sense of a larger puzzle. The lighting is soft, casting gentle shadows.

# Time to Harness

- Organizations have significant influence on emotional consciousness of an individual; it can build it or break it.
  - Filter individuals for high emotional consciousness while selecting or promoting an employee
  - Maintain healthy work policies and system to encourage high emotional consciousness
  - Exercise zero tolerance for impulsive decisions and lack of emotional restraint
  - Role model

A close-up photograph of a person's hands holding an open book. The book is open to two pages of text, which is slightly blurred. The person's hands are visible, with fingers gripping the edges of the pages. The background is dark and out of focus. Overlaid on the center of the image is the text "Thank you for reading" in a white, sans-serif font.

Thank you for reading